

TOUCHING BASE

Annual Navy Ball Saturday

The Navy Ball will be held Saturday at 6:30 p.m. at Hangar 117 (near Air Operations). Tickets are available at the NAS Jax CMC or Wing CMC's offices. The cost is \$15 per person for E1 through E6 (and guests) and \$30 per person for E7 through E9, all officers, civilians, retirees (and guests).

The attire is Military dress, Dinner Dress White for E7 and above and Service Dress White for E6 and below. For civilians, coat and tie/evening dress or black tie. For more information, call 542-2934.



Medical Town Hall meeting Oct. 25

Naval Hospital Jacksonville will host a Medical Town Hall meeting Oct. 15 at 2 p.m. in the Naval Hospital Conference Room at NAS Jacksonville.

The Town Hall Meeting is an opportunity for hospital staff to update patients on military health care and to receive comments and suggestions. Topics include the new satellite pharmacy and ophthalmology services. All military beneficiaries are invited to attend.

For more information, contact the hospital's Customer Satisfaction Office at 542-9175.



Skin cancer screening

Branch Medical Clinic Jacksonville in cooperation with the Naval Hospital Jax Dermatology Clinic, will be hosting a Skin Cancer Screening Clinic for active duty on Oct. 29 from 1-3 p.m. It will be for one afternoon only, so call 542-3500 early for your appointment. Be sure to ask for a skin cancer

Clay picks military best

By Kaylee LaRocque
Staff Writer

Nearly 300 people celebrated the 26th annual Military Appreciation Luncheon sponsored by the Clay County Chamber of Commerce last Wednesday.

The event is held each year to recognize and honor several military members of the local community by area businesses and residents of Clay County. This year's guest speaker was Col. Jeffrey Hetherington, commander, Camp Blanding Joint Training Center.

Three top winners were announced during the luncheon. This year's Clay County Military Person of the Year is AW1 (AW/SW/NAC) Daniel Wilson of Commander Helicopter Antisubmarine Wing, U.S. Atlantic Fleet's (COMHSWINGLANT) Search and Rescue Swimmer School at NAS Jacksonville. Wilson was selected for his steadfast dedication to numerous volunteer agencies within the community.

"I don't do the things I do for recognition, I do it from my heart. Winning this award is somewhat embarrassing, but wonderful as well," Wilson exclaimed happily after the luncheon.

"I'm very proud of him. He's had a lot of accomplishments over the past couple of years at the Wing. We've been married for 10 years, so we've been a Navy family for quite awhile now. Unfortunately that also means deployments - he's about to head out on another one," added his wife, Marcia, who also helps out with volunteer activities.

A native of Massachusetts, Wilson grew up traveling the world as part of an Army family. He joined the Navy in 1987. After completing boot camp at Recruit Training Center, Orlando, Wilson attended Aircrew School in Pensacola, and Aviation Antisubmarine Warfare Operator "A" School in Memphis.

His first tour of duty was with HS-17 at NAS Jacksonville which has since been decommissioned. This was followed by tours with HS-15 and HS-1, both at NAS Jax and USS John F. Kennedy (CV-67).

He is currently a high-risk instructor at COMHSWINGLANT



Photos by Kaylee LaRocque

AW1 Daniel Wilson of Commander Helicopter Antisubmarine Wing U.S. Atlantic Fleet Rescue Swimmer School is presented his plaque from retired Navy NC1 Glen Stroman, 2002 Clay County Military Member of the Year, after being recognized as the Clay County Military Member of the Year for 2003.



Capt. Charles Van Zant Jr. of Headquarters Company 1-111th Aviation Regiment at Camp Blanding is presented the 2003 Clay County Military Reservist of the Year award by Cmdr. James Fossa, the 2002 Clay County Military Reservist of the Year.



Clay County Military Spouse of the Year Mona Gardella is presented her plaque from Col. Jeffrey Hetherington, commander, Camp Blanding Joint Training Center during the annual Clay County Military Appreciation Luncheon Oct. 1.

See HONOREES, Page 11



Photo by Miriam S. Gallet

Family Advocacy Program (FAP) Coordinator Sandy Jones at CNRSE Community Support Programs shares with participants how FAP assists Navy service members stop family domestic violence.

FFSC and Jacksonville join in fight against domestic violence

By Miriam S. Gallet
Editor

Last Thursday, as part of the National Domestic Violence Awareness Month, NAS Jax Fleet and Family Support Center (FFSC), in partnership with the City of Jacksonville Victim Services and the Department of Community Services Intimate Violence Enhanced Services Team (INVEST), held a domestic violence conference.

Over 50 participants, including representatives from Naval Hospital Jacksonville, VP-30, Base Legal and Security Departments and 33 civic and government agencies and professionals in Jacksonville attended the forum.

"The basic reason for this workshop is to answer questions that community agencies have on how we do social services in the Navy. They really don't understand our system and in order to have a true partnership in the prevention of domestic violence, it's imperative that every one understands what we do

and how we do it," said Dr. John Kelly, CNRSE Community Support Programs manager.

Topics at the conference were far reaching. They dealt with issues ranging from command perspective to treatment and offender's group.

At NAS Jax domestic violence falls under the FFSC's Family Advocacy Program (FAP). "Our programs are designed to assist service members and their family and improve warfighter mission readiness. It assists both victims and offenders," explained Patti Tebow, a licensed mental health counselor at NAS Jax FFSC. "We also offer risk factor and safety assessments, prevention education classes, and individual counseling. The center also has support groups in place on-site and out in the community."

FAP also trains commanding officers and command helps fight family violence by training commanders and others in leadership positions to recognize

See FFSC, Page 11

PSD PASSDOWN

Travel Processing Center gets upgraded

From PSD Jacksonville

The Jacksonville Travel Processing Center (TPC) provides regional travel claim computation service for military and civilian travelers supported by Personnel Support Detachments (PSDs) Jacksonville, Mayport, Kings Bay, Ga., Atlanta, Key West, Fla., Tampa, Fla. and Roosevelt Roads, Puerto Rico.

In September, the TPC was closed to accommodate a realignment of circuits to PSALANT, upgrading hardware for newer and faster workstations, and providing new computation software. As a result of this closure, and subsequent re-learning of the new software, the TPC is backlogged 3,000 travel claims.

The dedicated disbursing clerks,

claims examiners and auditors at TPC have made significant progress in learning the new software over the past two weeks, and production figures indicate the backlog is now stabilized and no longer growing.

The TPC has been working overtime and has been augmented by detachment disbursing clerks to address this backlog. Travel settlements are well within the 30-day DoD requirement, but rest assured the situation will be monitored closely until production is at our target turnaround of five days. It will take time to get through the backlog.

In addition, the worldwide travel tracker has experienced some misalignment of data files. This is being worked on now, and PSALANT will have the Web data up and available soon. In the meantime, members can

obtain copies of travel claims by visiting the MYPAY site at <https://mypay.dfas.mil/mypay.asp>.

Priorities have been assigned to address the backlog. They are, in order, to pay advances, settle TAD and PCS claims, and expedite claims for those who are truly nearing the 60-day window for delinquent government travel cards. PSD OICs have the authority to expedite any claim nearing the 60-day threshold if their PSD/CSD customers bring it to their attention. Contacting TPC directly is highly discouraged at this point.

We truly regret any and all inconveniences this has caused for our valued customers and request your continued patience while we get back on track.

SSN no longer needed with checks at NEX

By Kristine Sturkie
Navy Exchange Service Command
Public Affairs

Navy Exchange customers in the continental United States, Guam, Hawaii and Keflavik, Iceland, no longer need to write their social security numbers on their personal checks when making a purchase. A change to the computer software now gives Navy Exchange cashiers the ability to input social security numbers directly into the cash register.

"We were aware of the security concerns our customers have had with writing their social security numbers on the face of their personal checks," said Dick Garza, chief information officer at the Navy Exchange Service Command (NEXCOM).

"We responded to their concerns by making a change to our computer software that will allow us to eliminate that requirement. Even though there has been no known case of identity theft connected to

writing the social security number on checks payable to the Navy Exchange, this change will give our customers an added peace of mind," he added.

When a customer makes a purchase, his or her social security number will be electronically captured in the cash register, so the store can tie the sale to the check in the event the check bounces.

"We need to have a way to find the customer in case there is a question about the check," said Garza.

"Even though the social security number is put into the cash register, it will not appear on any printed paperwork."

In addition, social security numbers will no longer be needed for layaways, special orders or refunds. The customer's last name and phone number will be used instead. Social security numbers will also not be printed on any receipts.

Navy Exchanges in Europe and Japan expect to implement this new policy by the end of 2003.

ON THE HOMEFRONT

Finding romance in the cold French fries beneath our children's car seats

By Sarah Smiley
Special Contributor

All last month a smell was emanating from the back seat of our Ford Explorer. It seemed to get stronger as time passed and the late-summer heat picked up.

But it was unlike the usual graham-cracker/apple-juice/Happy-Meal aroma normally rising up from the rear portion of our SUV, where two little boys make their home during road trips and runs to and from the grocery store. This odor was much more ominous, and I feared that an offensive, sticky mess lurked somewhere between the maze of children's books and travel-toys that are permanently scattered on the floor.

"When was the last time you washed the kids' car seat covers?" My husband asked.

"I guess it was during your first deployment," I answered. (Navy families always tell time in relation to whether the ship was in or out.)

"That was over two years ago!" My husband yelled. "These seat covers haven't been washed in two years?"

A response, which, of course, led to my childish comeback:

"If you were so concerned about it, why didn't you wash them?"

Cleaning a car seat is not an easy task, and it isn't for the faint of heart. First of all, the thick cover isn't sup-

posed to be placed in the dryer and takes about four full days to air-dry. Who has four days to be without a car seat?

But second (and most of all), scary, smelly, unforgotten things lurk beneath the straps and cover of a child's car seat. For every cold, uneaten French fry you see lying on the floor, there are five others you don't see smashed between the seat belt and upholstery of your once smells-like-new automobile.

So for the next three weeks, my husband and I settled into a fierce battle of, "You clean it up." "No, you go clean it up." "You smelled it first!"

Then, one day, as I was buckling my oldest son into his seat, I accidentally stuck my finger in a wet goopy mess of smashed Goldfish crackers.

"OK Dustin, it's time to wash these seats and find that smell," I said.

So we found a compromise: My husband would vacuum and clean the upholstery of the car if I would take the time to wash and dry the thick covers.

It seemed like a fair trade to me.

Neither of us was prepared, however, for what we'd find when the bulky plastic and foam seats were removed from the backseat of the Explorer (the first time we'd seen the upholstery beneath in two years).

"When was the last time you bought

Ford those banana flavored cookies?" My husband called out, his head shoved beneath the seat as he ventured to clean where neither of us had cleaned before.

"Not since he was teething, so about three years ago," I answered.

"Well," my husband said as he came out from under the seat, a cookie in his hand, "here's a half-eaten one; probably a petrified banana cookie by now."

"Recognize this?" he asked a few moments later, as he emerged displaying a lint-covered pearl and diamond earring — one that I had lost four years ago.

During the next hour or so of cleaning, we found a lost and long forgotten cell phone (one that neither of us can remember the phone number for), a half dozen missing toys, melted crayons, and more cold French fries than I care to admit to.

"It's like a darn time capsule," my husband said. "Our whole first four years of marriage represented right here by the trash beneath the kids' seats."

I guess that is what parenthood reduces us to — finding romance in the crushed cookies and missing socks found in the backseat of a car.

Ain't love grand?

You may send comments or a respond to Sarah at teamsmiley@mcnshi.com.



Meet A Sailor...

TM2 JOHN LEACH

Job title/command:
Base Weapons

Hometown: Evant, Texas

Family Life: Married to Ami. We have a dog named Henry.

Past Duty Stations: USS John F. Kennedy (CV 67), USS Doyle (FFG 39)

Career Plans: To obtain a college degree.

Most Interesting Experience: Going to Disney World.

Words of Wisdom: Don't let the man get you down.



Meet A Civilian...

ANGELA FOSTER

Job title/command:
Drycleaning Counter Assistant

Hometown: Jacksonville

Family Life: My grandfather, father and uncle are all retired Navy.

Past Duty Stations: None

Career Plans: To earn a doctorate degree.

Most Interesting Experience: Having my children.

Words of Wisdom: Relax. God's in control.

NAS Jax to host JA Job Shadow Day

Job shadowing is an academically motivating activity designed to give kids an up-close look at the world of work and to answer the question, "Why do I have to learn this?"

On Nov. 13, commands/departments will have an opportunity to participate in NAS Jacksonville's Junior Achievement (JA) Navy Job Shadow Day.

Job Shadow Day gives kids a chance to explore various careers beyond what their parents may do for a living. Job shadowing also provides an opportunity for students in at-risk situations to be exposed to various career options they otherwise might not have the chance to explore.

Students will be bused from their schools by JA to NAS Jax on Navy Job Shadow Day for pick up by commands. Once at commands, they will "shadow" assigned mentors through a half-day on the job. At noon both mentors and students will attend a pizza party in their honor sponsored on base by JA.

Commands/departments are being asked to sponsor at least one student. Mentors are needed at all levels and in as many job areas as possible. Contact Dianne Parker at 542-2766, Ext. 130, to volunteer to help.

Jax Air News

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Deadline for all routine copy is close of business the Friday before publication. Deadline for Classified submission is noon Monday. Questions or comments can be directed to the editor. The Jax Air News can be reached at (904) 542-8053 or by fax at (904) 542-1534 or write the Jax Air News, Box 2, NAS Jacksonville, Fla., 32212-5000. All news releases should be sent to this address.

The Jax Air News is published by The Florida Times-Union, a private firm in no way connected with the U. S. Navy under exclusive written agreement with the U. S. Naval Air Station, Jacksonville, Florida. It is published every Thursday by The Florida Times-Union, whose offices are at 1 Riverside Ave., Jacksonville, FL 32202. Estimated readership over 32,000. Distribution by The Florida Times-Union.

Advertisements are solicited by the publisher and inquiries regarding advertisements should be directed to:

Jax Air News

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HEY, MONEYMAN!

Hey, MoneyMan:

I am confused! I tried to get a copy of my LES by going to www.mypay.com and I got a lot of these pop-up ads advertising payday loans, credit cards and credit repair companies.

I never could get access to my LES. I noticed a link for a "loan" at it took me right to a payday loan company called MyCashNow. What's up with that? Why is the Navy advertising all these places on an official website? I thought these places were bad!

MoneyMan Sez:

There are a lot of "military sounding" sites that are not associated with the military in any way. In fact many, if not most, of these places demand close scrutiny. I went to mypay.com and found 10 military pay links listed under "popular searches" and none of them worked to get me anywhere except to the pop-up ads.

The link to the payday

loan noted that only the laws of Grenada applied and the interest rates for loans varied from around 400 percent to over 800 percent APR. This, of course, is neither an official site nor a site that is friendly to the military. The official place to go for on-line pay information is <https://mypay.dfas.mil/mil-pay.asp>.

To get any personal information you will need your social security number and a pin number.

Always, always, always be careful when providing personal information online! Your name, social security number, and birth date in the wrong hands can cause unbelievable pain and agony and could be very costly!

More questions? Call Hey, MoneyMan! at 778-0353.



Sunday Services

You are invited to the following Base Chapel Worship Services this Saturday and Sunday:

Saturday - 5 p.m. - Catholic Mass

Sunday - 8:30 a.m. - Holy Eucharist Episcopal

9:30 a.m. - Catholic Mass

11 a.m. - Protestant Worship

6:30 p.m. - Contemporary Service

"The Leading Edge," Hangar 749 at the Base Chapel Center.

Children's Sunday Class - Protestant Sunday School program is at 9:45-10:45 a.m., and Catholic CCD is 10:45 a.m.-12:15 p.m.

Happy 228th Birthday Navy!

From the Chief of Naval Operations

The Chief of Naval Operations has stated that the Navy Birthday is one of the two Navy wide dates to be celebrated annually.

The United States Navy traces its origins to the Continental Navy, which the Continental Congress established on Oct. 13, 1775 by authorizing the procurement, fitting out, manning, and dispatch of two armed vessels to cruise in search of munitions ships supplying the British Army in America.

The legislation also established a Naval Committee to supervise the work. All together, the Continental Navy numbered some fifty ships over the course of the war, with approximately 20 warships active at its maximum strength.

After the American War for Independence, Congress sold the surviving ships of the Continental Navy and released the seamen and officers.

The Constitution of the United States, ratified in 1789, empowered Congress "to provide and maintain a navy." Acting on this authority, Congress ordered the construction and manning of six frigates in

1794, and the War Department administered naval affairs from that year until Congress established the Department of the Navy on April 30, 1798.

Not to be confused with the Navy Birthday or the founding of the Navy Department is Navy Day. The Navy League sponsored the first national observance of Navy Day in 1922 designed to give recognition to the naval service.

The Navy League of New York proposed that the official observance be on Oct. 27 in honor of President Theodore Roosevelt, who had been born on that day.

In 1972 Chief of Naval Operations (CNO) Admiral Elmo R. Zumwalt authorized recognition of Oct. 13 as the Navy's birthday. In contrast to Navy Day, the Navy Birthday is intended as an internal activity for members of the active forces and reserves, as well as retirees, and dependents.

Since 1972 each CNO has encouraged a Navy-wide celebration of this occasion "to enhance a greater appreciation of our Navy heritage, and to provide a positive influence toward pride and professionalism in the naval service."

NAS Jax to hold first World Military Golf Tournament

By Bill Dougherty
CNRSE Public Affairs

NAS Jacksonville will host the Conseil International du Sport Militaire (CISM) first Military World Golf Championship, Oct. 12-18. Nine teams will compete in the event, including United States, Argentina, Belgium, Canada, Ireland, Italy, Netherlands, Pakistan, and South Africa.

The event is only open to active duty, retirees, dependents, and Department of the Navy civilian employees who are authorized patrons of the NAS Jacksonville Golf Course and would like to attend as spectators during tournament play.

CISM began in 1948 with five participating nations. From those five "founder nations"; CISM has grown to 127 member nations today. The United States joined the organization in 1951.

CISM host sports tournaments for 25 different



sports ranging from aeronautical pentathlon to wrestling. The aim of CISM is the encouragement of military sports and the development of friendly relations between the

armed forces of the various fields related to sport and physical fitness.

The official CISM motto is:
SPORT means Peace.
SPORT is the opposite of war.
SPORT is a cure for war.
SPORT is international.
SPORT brings nations closer.
Friendship through SPORT.

Opening ceremonies will be held at 9 a.m. on Oct. 13. The teams will compete for three days (Oct. 14-16) and the winners will be recognized at the end of play on the last day.

There will also be a cultural day on Oct. 17 that includes a trip to World Golf Village and the PGA Tour Hall of Fame.

For more information on the tournament, visit www.nasjax.navy.mil and click on CISM. For information on CISM, visit their web site at <http://www.cism-milспорт.org/eng/welcome.html>.



Photo by Beverly Taylor-Mack

Commanding Officer, Fleet and Industrial Supply Center Jacksonville Capt. Ed Naranjo (center) and Commanding Officer Naval Air Depot Jacksonville Capt. David Beck are joined by members of the FISC/NADEP Partnership Team. (From left) NADEP Comptroller Don Micke, NADEP Production Manager John Zulich, NADEP Material Manager Bobby Stroud, NADEP Deputy Supply Officer Alvin Hall, Capt. Naranjo, Capt. Beck, FISC Industrial Support Director Cmdr. Chip Cotton, NADEP Supply Officer Cmdr. Robert Jennings.

September is stormy for HS-3

From HS-3

During the month of September, the "Tridents" of HS-3 deployed on board USS Theodore Roosevelt (CVN 71), for a fleet refresher with Carrier Air Wing 8 to update the ship's proficiency while on "surge" status.

After the completion of the carrier qualifications and training operations, Roosevelt was headed for a port call in Key West, Fla.

However, following the discovery of the intended storm track of Hurricane Isabel, the carrier turned to follow the path of the hurri-

cane toward their homeport of Norfolk, Va. in order to render assistance to the surrounding community if needed.

Fortunately, the local state and federal agencies were well prepared and HS-3's assistance was not required.

Despite the tension surrounding the massive impact of the hurricane, this detachment was filled with many achievements for the Tridents.

AZC David Blackburn, AMC Barry Brooks, ADC Rory Malotte and ATC Joseph Stock were piped across the Quarterdeck of

the Roosevelt as new chief petty officers.

Lt. j.g. Michael Keaveny and Lt. Kevin Colon fulfilled the requirements and passed the final tests to become helicopter second pilot, and Lts. Aaron Anthonson and Bryce Wolf earned their letters as helicopter aircraft commanders.

Such accomplishments reflect many years of training and hard work for the Tridents who look at these achievements as stepping-stones toward achieving higher goals.

Home childcare providers needed

The Child Development Center is looking for childcare home providers. If you are an on-base resident, you will only need to be Navy-certified to become a Childcare Home Provider.

Infant homes are especially needed and homes for children over the age of two.

If you are an off-base resident, you will have to be state-certified as well as Navy-certified. This program is for dependent female and males.

For more information about this program, contact Cathy Yarbrough or Ingrid Robinson at 542-5434 / 5529 / 2472.

Celebrating Hispanic American Heritage



Photos by Kaylee LaRocque

The Panamanian Dancers perform a dance in their cultural dress during the annual Hispanic American Heritage Luncheon last Thursday.

District Director U.S. Small Business Administration North Florida District Office Wilfredo Gonzalez presents a moving speech during the annual Hispanic American Heritage Luncheon last Thursday at the River Cove Officer's Club. The event which featured Hispanic cuisine and entertainment was sponsored by the NAS Multicultural Awareness Committee and the NAVAIR Equal Opportunity Awareness Committee.



Members of the Alegria de Espana dance group perform a number during the luncheon.

FISC Jax and NADEP Jax sign Memorandum of Agreement

By Beverly Taylor-Mack
FISC Jacksonville PAO

Oct. 1, marked the culmination of months of hard work toward establishing a partnership between Naval Air Depot Jacksonville and Fleet and Industrial Supply Center Jacksonville to consolidate supply material management functions.

Capt. Ed Naranjo, commanding officer, FISC Jacksonville, and Capt. David Beck, commanding officer, NADEP Jacksonville, signed the Memorandum of Agreement during a ceremony held at NADEP.

The agreement is the result of the

realignment of Naval Air Systems Command (NAVAIR) material management functions to Naval Supply Systems Command (NAVSUP) and is written under the overarching guidance of the Joint NAVAIR/NAVSUP Corporate MOA of June 30, 2003.

Members of the FISC/NADEP Partnership Team have made a significant contribution to the Virtual System Commands' initiative that utilizes partnership agreements to streamline activities, achieve efficiencies, and to improve interoperability toward the ultimate goal of resourcing tomorrow's fleet.

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‘Topcats’ train in Fallon

By Lt. J.g. Bradley Beall
VS-31 PAO

It's good to be home! VS-31 has been hard at work over the last month training in the Nevada desert with the rest of CVW-7 during the first detachment of the workup cycle. The Fallon detachment gave CVW-7 the chance to learn from the Naval Strike and Air Warfare Center (NSAWC) staff and to hone our abilities in overland strike and air supremacy. This was also the first opportunity since our last deployment for all of the squadrons in CVW-7 to work together and train for real world strike operations. The "Topcats" were planning attacks on a simulated country located in the Nevada desert for the majority of the events. The adversary country had its own surface to air missile threat, air-to-air defenses, and unique military tactics. The air wing's objectives were to suppress the enemy's defenses and coordinate an attack on their vital targets. To make the

scenario as realistic as possible, the NSAWC staff played the part of the enemy country, manning surface to air missile sites and flying U.S. aircraft that simulated enemy fighter aircraft and their capabilities. The squadron took advantage of this detachment to practice our new mission as a launch platform and controller of the standoff land attack missile, extended range (SLAM-ER). This is the first time in the Topcat's history that the squadron used the SLAM-ER during a detachment to NAS Fallon, and it gave the squadron the chance to integrate this new asset into an airwing strike. The squadron participated in both the planning and execution phases of those strike events. The Topcats also provided electronic surveillance and organic tanking to support the airwing strikes. The Topcat maintenance department provided outstanding support to the aircrew during the detachment. AMCS Jon Hein of Maintenance Control said,



Photo by

PENDING. I send email to VS-31 PAO.....

"We couldn't have asked for a better maintenance detachment. We came here with very little experience with the new weapon systems and have learned in leaps and bounds. The experience we've gained in repairing and operating the SLAM-ER and HAVE-QUICK systems will be invaluable as we continue with workups. Now, we feel comfortable in our ability to operate and repair these systems."

Topcat ordnance personnel were also very busy with loading and checking weapons. In all, the squadron dropped 60,000 pounds of ordnance. Fallon has many bombing ranges, including simulated military vehicle targets and a simulated submarine. The Topcats dropped both live and inert ordnance to maintain aircrew proficiency and hone their bombing prowess. In addition to all the

training in Fallon, some Topcats flew to the SCORE range off the Southern California coast. Similar to the ranges in Fallon, this range is designed to simulate surface to air missile (SAM) threats and gave the aircrew the opportunity to detect and break lock on enemy SAM radars. It also allowed the aircrew to search for and attack simulated enemy ships. Range boats towed out a target sled that the aircrew would

locate and bomb. The dedication and performance of all the Topcats made our detachment a huge success. The squadron had achieved all of its pre-deployment goals and proved the S-3B's effectiveness as a SLAM-ER platform. With this challenge behind us, we can look forward to a few weeks at home before continuing our workup schedule.

VP-16 seeks personnel improvement through mentorship

From VP-16

Enhanced enlisted and officer professional development. That's the goal for the leadership of VP-16 who launched a major mentorship initiative last month. The initiative focuses on the creation and support of lifelong mentor/mentee relationships for every member of the command. Selected from both within and outside the squadron, a variety of qualified mentors will help guide the members of VP-16 in their professional careers and reap the personal benefits of leadership development. Cmdr. Brent Sperry, commanding officer of VP-16, kicked off the campaign on Aug. 14 with an acknowledgement of the value of this program for every service member from the



Photo courtesy of VP-16

ATCS Brian Wylie of VP-16 goes through mentorship indoctrination with mentor, AZ2 Tashaca Layton. junior Sailor to the senior military officer. A mentoring handbook, provided to each member of the command, presents tools for fostering these relationships and many of the benefits that result from effective mentoring. The mentorship program in VP-16 establishes a framework under which Sailors establish a timeline for specific goals and engage in regular counseling sessions with their

mentors. Mentor benefits include sharpened leadership skills as well as personal satisfaction in the professional and personal development of their mentee. Conversely, the mentee benefits by having a trusted advisor and confidant with whom aspira-

tions can be discussed and valuable personal and professional advice can be solicited. Despite the initial formally organized structure of the mentor-mentee relationship, hopes are that these relationships will continue long after person-

nel transfer from VP-16. Sperry believes that mentorship is and will continue to be a vital part of leadership development throughout the Navy. "My mentor served not only to be a professional guide, but has also become a life-long friend," remarked Sperry.

NAVAIR Depot Jacksonville artisans replace wings on P-3 Orion

From NAVAIR Depot

NAVAIR Depot Jacksonville artisans have replaced the wings and are completing phased depot maintenance on a P-3 aircraft. This is the first re-wing of an aircraft at the Depot in 12 years. "The aircraft is an AIP configured aircraft and has the latest mission equipment in it. As such, it is worth saving versus scrapping the entire aircraft. The wings on this aircraft were beyond economical repair," said Lt. Cmdr. Terry Hart, P-3 product officer. "There are a limited number of P-3s in the fleet and a even more limited number of AIP configured aircraft. You could say this is a priceless asset," Hart said. Initial cost estimates were \$2.5 million to \$4 million to do the re-wing only. The Depot will spend \$2 million to \$2.5 million for both the re-wing and the PDM, according to Hart. "We have done other re-wings

in the past, such as the P-3 "Phoenix" project in 1991. We expect to do a limited number of re-wings in the future on high value assets like EP-3Es and AIP configured P-3s," Hart said. The donor wings came from an aircraft placed in storage at AMARC — Aerospace Maintenance and Regeneration Center — Tucson, Ariz. The donor aircraft was prepared and its wings harvested in January and February 2003 and then shipped March 2003. The aircraft was inducted into the P-3 hangar March 17. The re-wing portion of the project was completed on Aug. 8. The PDM started at that time and should be completed with aircraft delivery to the fleet by the end of the year. The Depot has recently been funded to re-wing another P-3. This project is scheduled to start around mid-fiscal 2004 depending upon availability of a donor aircraft.



Brig Renovated



A view of the newly landscaped entrance of the Waterfront Brig.



OS2 Angel Medrano sands and prepares a bed during their self-help renovations.

1st Lieutenant Division's Sailors renovate brig, save money

By JO2(SCW) Eric Clay
Staff Writer

With the Navy trying to save money, the NAS Jacksonville Self-Help program is in full effect. One of the commands that has taken the opportunity to use this program is the Naval Waterfront Brig Jacksonville.

Members of the NAS Jax 1st Lieutenant's Division helped with the project by operating equipment and lending their knowledge and expertise. Like with many of the other self-help projects around the base, they taught the brig personnel how to accomplish renovation projects.

"The project started when we contacted the 1st Lieutenant's office to survey our control center for retiling. They suggested that we go ahead and do the rest of the needed improvements at the same time," said Tiger Team Chief STGC(SW) Craig Mannel.

Only three months into the project, the brig's self-help initiative has saved the Navy more than \$5,000. Floor retiling, resurfacing of the asphalt in the courtyards, painting of the interior, restoring the beds, replacing vents and landscaping of the front entrance are some of the projects that have been completed.



SKSN Michael Menasco scrapes paint from a door frame.



FCSN Michael Davidson from the NAS Jacksonville 1st Lieutenant Division, volunteers his equipment operating skills during the brig's renovation project.



EMFN Chadwick Creech sands a door during the self-help project at the NAS Jax Brig.

"Doing the job ourselves has really saved money that would have been spent hiring contractors," added Mannel.

Tiger Team Leading Petty Officer FC1(SW/AW) Irene Lowe said, "Self-help projects bring morale to a higher level and the Sailors have as sense of ownership and pride in the work they perform. The base's self-help program has been of great help with materials and experience in the renovation of the brig."

"Our crew worked very well and adapted to the new skills they learned while completing many of the projects. I would suggest to com-



Members of the brig pitch in to reseat the asphalt court yards.

mands that may be interested in conducting a self-help project to do so, the projects really give you a sense of pride in your work space and it brings co-workers together as a group," added Lowe.

For more information about doing a self-help project, contact BMCS James Lamb at 542-3400.

Brig Renovated



Members of the Jacksonville Waterfront Brig proudly stand in front of the brig they have worked so hard to remodel.

Photos by JO2(SCW) Eric Clay



Sailors from the NAS Jax Brig save the Navy money by doing their own self-help project.



SH3 Caroline Montero paints bed frames during the renovation project.



SM1(SW) Thomas Morgan uses his experience to help out by tiling the floors.

MM2(SW) Darrel Bengel and OS2(SW) Lee Glover clean and replace the vents at the brig.



Physician Assistants: Expanding quantity, quality of care

By Loren Barnes
Naval Hospital Jacksonville Public Affairs

Physician Assistants (PAs) around the United States, including PAs at Naval Hospital Jacksonville and its Branch Medical Clinics celebrated Physician Assistant Day on Monday.

It was on this day in 1967 that the first class of PAs graduated from Duke University in North Carolina. That class included five, Vietnam-era, Navy Hospital Corpsmen. Today, there are more than 46,000 clinically practicing PAs in the U.S., 246 on active duty in the Navy.

Five outstanding PAs can be found at the NAS Jacksonville Branch Medical Clinic (BMC). They are Lt. Timothy Burnham, Lt. Carlson Moss, civilian PAs Charles Leshner, Steve Parrish and Beverly Petty.

The Physician Assistant concept, according to Burnham, was originally devised by the Navy to supplement primary care in the military because of a general medical officer shortage at the time.

Adopted into the civilian sector, Physician Assistants were initially seen as a way to provide skilled healthcare providers to underprivileged small towns with little or no medical resources according to Leshner. A hospital corpsman in Vietnam and later an independent duty corpsman, Leshner was one of the first graduates of the Navy's First PA School in San Diego back in 1979.

Today, military Physician Assistants complete one year of didactic training at a joint service school, located at Ft. Sam Houston, Texas. They then complete a year of clinical rotations, at Balboa Naval Hospital in San Diego. PAs are state licensed and are accredited through the National Commission on Certification of Physician Assistants.

In the civilian sector PAs are employed by solo physician practices, group practices, nursing homes, and hospitals. In the military, PAs serve as commissioned officers in all branches of the military and practice as members of the White House medical team caring for the president and vice president.

BMC Jacksonville Officer in Charge Capt. Charles Bryner said, PAs are vital to the BMC Jacksonville team. "Our Physician Assistants see about 30 percent of our patients. Many times the patients forget they are being seen by a PA, referring to the care

provider as 'doctor,'" Bryner said.

As in the civilian sector, Navy PAs, provide patient care services that would otherwise be performed by physicians. They work under a supervising physician but in most cases we have complete autonomy," Burnham explained. Charts for each patient are reviewed and followed up by the PAs supervising physician.

Customer comments on PAs at BMC Jax are in line with studies conducted by the Kaiser Permanente Center for Health Research. That study found patient satisfaction levels with physician assistants is high, 89 to 96 percent. Aspects of patient satisfaction examined by the study included interpersonal care, confidence in provider, and understanding patient problems.

Recent BMC Jax customer comments include such remarks as:

"Very compassionate and helped me cope with the death of my mother." "Efficient, courteous and helpful."

"Outstanding, the physician assistant provided a thorough examination, detailed explanations and overall professional care."

These comments reflect the core of the Physician Assistant concept, highly skilled healthcare providers devoting more time with patients.

The role of PAs in naval medicine is expanding into specialized areas as diverse as orthopedics, urology, sports medicine and emergency room medicine. Specialized PAs are being considered in areas such as aviation medicine and undersea medicine and psychiatry.

Burnham said, "A lot of it, especially in the Navy, is preventive medicine and trying to prevent things in the future Because our specialists are being overwhelmed with a lot of patients they sometimes don't have as much time to sit down and talk with them. I think that was part of the drive behind specialty PAs to try and relieve some of that overburden of the specialties and overburden of the family practitioners and primary care."

Burnham said the Branch Clinics' PAs provide primary care for active duty. "We do almost anything and everything - Physical Readiness Training surveys, fractures, sprains, strains, colds, stomach ailments, pap smears, GYN problems, and more." PAs take medical histories, perform physical exams, order and interpret lab tests, diagnose



Lt. Timothy Burnham performs an examination of patient AD3 Kyle Lash.

Photos by Loren Barnes

and treat illnesses, suture lacerations, assist in surgery and write prescriptions.

Beverly Petty, a contract employee, works as the BMC's Occupational Health PA. Her work largely involves Occupational Safety and Health Administration regulatory compliance. It entails medical surveillance for civilians aboard NAS Jacksonville checking for exposure to workplace toxins, making site visits to various base work places such as the Naval Aviation Depot and running a sick call for civilian employees. She also conducts physicals for base firefighters and police.

As most Navy PAs are former hospital corpsmen, many say their prior enlisted experience gives them a uniquely empathetic perspective to patient care. "PAs have a broad understanding of the problems of enlisted as well as the officer ranks," Leshner said. "We're not better than doctors at seeing anyone, it's just that when I see someone I can see where they're coming from - their work environment etc." The BMC Jacksonville

PAs demonstrate the scope of this enlisted experience. For instance, Burnham was a hospital corpsman for 21 years who went from E-1 to E-9.

This experience is put to the test when PAs deploy. "The value of PAs on the battlefield was demonstrated both in Afghan-



Physician Assistants Charles Leshner (left) and Steve Parrish (right) confer on a case at Branch Medical Clinic Jacksonville.

istan and Iraq," said Burnham, who served with a shock/trauma platoon in Iraq. He noted that Moss, who had earlier seen action in Operation Desert Storm as an independent duty corpsman, delivered care close to the front lines in Iraq as a PA working with a Forward Resuscitative Surgical Suite, a new kind of unit designed to deliver care to wounded within the critical "golden hour," significantly increasing survival rates.

The Physician Assistants profession is vital and growing both in the civilian and military sectors and it's a profession making a patient-by-patient difference throughout America's healthcare system. To learn more about the physician assistants visit the American Academy of Physician Assistants website at www.aapa.org.

• The above story contains information provided by the American Academy of Physician Assistants.

‘Contraceptive Choices’ class offered at NH Jacksonville

By Alisa Davis, RN, CLC
Naval Hospital Jacksonville
Perinatal Nurse Educator

Naval Hospital Jacksonville is offering a new class entitled "Contraceptive Choices." Medicine has provided us with a large number of contraceptive options. Choosing between these options can seem overwhelming. This class allows patients to receive the information they need about each of the options as well as risks and benefits.

"Contraceptive Choices" will be taught by an obstetrician/gynecologist. Topics include the birth control pill, patch, IUD, tubal ligation and vasectomy. For those patients who

have requested a tubal ligation this class will streamline the referral process. Once they have completed the class a preoperative appointment and surgery date can be set. This allows us to maximize our available time and save the patient a lengthy wait for an initial consult appointment.

Dr. Mark Fowler, head of the Ob/Gyn Department stated, "Birth control is an important decision. Patients and couples often have questions and misconceptions about all of the methods that are available. We want to be able to give our patients all of the information they need so they can make an informed decision about their birth control method.

Once a patient has gone to this class we will be able to more quickly get them the method of their choice. The way our system has worked in the past patients would have to wait to get an initial consult where this information would be given, then often they would need another appointment to schedule surgery or get an IUD. Now they will be able to be seen more quickly."

Patients desiring to be scheduled for this class can do so by calling 542-7412 or 7412. The class will be held in the Ob/Gyn clinic on the first and third Friday from 1-2 p.m. Significant others are encouraged to attend.

2003 Jacksonville Sea and Sky Spectacular coming up

NAS Jacksonville, NS Mayport, and the City of Jacksonville are co-hosting the Fifth Annual Jacksonville Sea & Sky Spectacular Oct. 23 through 26.

The city will have four full days of events and excitement at all of Jacksonville's beaches, highlighted by an over-the-ocean sky show featuring the famed U.S. Navy Flight Demonstration Squadron, The Blue Angels and a Marine Corps amphibious assault.

The festivities will kick off Oct. 23 at noon with the Sea and Sky Spectacular Golf Tournament at the Windy Harbor Golf Club at NS Mayport.

The air show is scheduled for Oct 25 and 26 in downtown Jacksonville Beach beginning at 9 a.m.

This year's air show will

feature some familiar names from last year, as well as new performers and performances.

Events taking place at NS Mayport and Jacksonville Beach during the week include:

The amphibious assault ship USS Bataan (LHD-5), the guided missile frigate USS Klackring (FFG-42), the coastal patrol craft USS Typhoon (PC- 5), the mine counter measure ship USS Chief (MCM-14), and the mine counter measure ship USS Scout (MCM-8) will all be docked at or near The Jacksonville Landing. Military displays will line the streets around The Landing.

Daily features include helicopter search and rescue demonstrations, Landing Craft Air Cushion (LCAC) demonstrations, as well as military aircraft fly-bys.

Some of the highlights of the amphibious assault include: a U.S. Marine Corps Air/Ground Task Force who will "storm the beach" during a combat power demonstration. The 30-minute program will include 140 Marines who will arrive by land and air. Explosive pyrotechnics will add to the realism of the assault. The demonstration will take place around noon.

Other events include a street festival in Jacksonville Beach Oct. 25 and 26 featuring arts and crafts, food, beverages, and more on First Street from First Avenue North to Sixth Avenue South. Parking will not be available on site, but park and ride shuttles will be located on County Road 210, at the corner of Atlantic Boulevard and San Pablo Road, and at the American Heritage and Life

NAS Jacksonville
Navy Community Service Program
2003 Salvation Army Kettle Bells Project



Your command/departments can make a difference!
See your command volunteer coordinator for details or call:

Debbie Parker, NAS Jax Community Service Program Manager
343-2760, Ext. 110
tparker@jaxnavy.navy.mil

Note: Kettle bells are two hours.
Full day command/departments blocks are available.
Starting date is Nov. 21

Location: AMC Theater Orange Park Mall
Thanks for Sharing and Caring

FFSC offers educational and support programs

The NAS Jacksonville Fleet and Family Support Center (FFSC) Life Skills Education and Support Program is the foremost preventive measure for the avoidance of personal and family problems.

All FFSC workshops and classes are free and available to service members and their families, and civilian personnel aboard the base.

Pre-registration is required. If special accommodations or handicapped access is required, please notify FFSC upon registration. For further information or to register, call 542-2766, Ext. 127.

The following workshops are available in October:

- Oct. 15, 6-8:30 p.m. – Budget for Baby Workshop
- Oct. 16, 9 a.m. – Noon – Florida Family Law Information Seminar
- Oct. 16, 9-11:30 a.m. – What A Difference A Dad Makes In The Life Of A Child
- Oct. 20-23, 7:30 a.m. – 4 p.m. – Transition Assistance Workshop (Retiring)
- Oct. 21, 9-10 a.m. – Sponsor Training Workshop
- Oct. 21, 9-11 a.m. – Checkbook Management
- Oct. 21, 1-3 p.m. – Credit Management
- Oct. 23, 9:30 a.m. – Noon – Time Management
- Oct. 23, 9:30 a.m. – Noon – Child Support Information Workshop
- Oct. 23, 6:30-8:30 p.m. – Ombudsman Assembly Meeting
- Oct. 27, 8 a.m. – 4 p.m. – Command Financial Specialist Training
- Oct. 28, 8 a.m. – Noon – Divorce Adjustment Workshop
- Oct. 28, 2-4 p.m. – Federal Employment (For Spouses)
- Oct. 30, 8-11 a.m. – Anger Control Workshop
- Oct. 30, 1:30-3 p.m. – Volunteer Service Council

HELPING HANDS

HabiJax opportunities

HabiJax is always looking for volunteers for various construction projects. For more information, call Bonnie Golden at 798-4529, Ext. 253. The HabiJax Home Store also needs help coordinating donated materials and furniture. Call 722-0737.

Support the

Ronald McDonald House

A 5K Run/Walk will be held Oct. 18. Help is needed with games, face painting for the children, serving food and setting up and breaking down. Call Donna Aringdale at 807-4663 for details.

Memory Walk 2003

The Alzheimer's Association's annual 5K Walk through San Marco Village is Oct. 18 at 10 a.m. Volunteers are needed to assist with this event. Call Courtney Kraft at 398-5193 for information.

Spooktacular coming up

The Jacksonville Zoo is looking for volunteers to help out with their annual Spooktacular event Oct. 24-31. Call 757-4463, Ext. 176 for more information.

Sea and Sky Spectacular

Help out with various events Oct. 24-26. Call 630-1020.

Volunteer opportunity for chefs and cooks

We are looking for 15-20 volunteers with cooking and catering skills to help prepare an elegant meal for the Holiday in The Hamptons Gala charity event sponsored by the Monique Burr Foundation for Children, Inc. on Dec.13. This is a great opportunity for Navy chefs and cooks to show off their skills. Contact Jimmie Mc Knight at 542-8191, Ext. 8195 for information and to sign up.

Essay contest open to students

From the FRA

The Fleet Reserve Association is asking all students in grades seven through 12 to enter its annual Americanism essay contest. The contest is open to students in public, private, parochial and home schools.

This year's essay theme is "What patriotism means to me." Local winners will receive a \$50 savings bond and those

entries will be sent to compete at the regional and national levels. The grand national award is \$15,000.

The deadline for entries is Dec. 1. Entry forms are available by calling F.J. Petersen at 771-2936. Entries should be mailed to: FRA Americanism Essay Contest, Fleet Reserve Association Branch 126, 7673 Blanding Boulevard, Jacksonville, FL 32244-5111.



Photo by RP2(SW) Jason Jack

Renewing their vows

Catholic Chaplain Cmdr. John Lyle of NAS Jax Saint Edward's Chapel administers renews wedding vows during the 60th wedding anniversary of Henry and Erma Smalling during a ceremony last Saturday.



Henry and Erma Smalling on their wedding day in 1943.

Special

Free tickets to deployed Sailors and families

By CMDCM Mike VanMiddlesworth
H5 Wing Command Master Chief

The "Sailors Aweigh" program gives free tickets for upcoming Jaguars games to the families of deployed Sailors and deployable Sailors with priority given to deployed Sailors' families first and it includes transportation, and a free T-shirt. Your children can go with or without you, as chaperones will be provided, or you can go with them and be a chaperone if you like. Each chaperone will keep an eye on three to five children, so there will be plenty of supervision.

"Sailor Aweigh" participants will be picked up by a Navy bus at the NAS Jax Commissary parking lot. The bus will depart the parking lot two hours before game time. Once at Alltel Stadium, participants will be expedited to their seating area.

The "Sailors Aweigh" T-shirts are provided and must be worn throughout the game by all. After the game, the bus will take them back to the base for pickup.

Prior to departure to the game, each "Sailor Aweigh" participant recites a pledge to "abstain from using drugs, alcohol, or tobacco". The seats are part of the

honor rows and are in a great environment for the "Sailors Aweigh" participants.

Deployed Sailors' families will have priority, but if your Sailor is on sea duty, you may be put on a waiting list that will be eligible to fill the balance of the seats that are not filled by the "on deployment" Sailors' families by Wednesday of the week before the game day. Your status will be confirmed prior to being placed on the actual "going to game" list.

The ages are from 6-17, if you want all of your squadron families to go on a particular day, we may be able to arrange it depending on availability and lead-time. But hurry, because it's first come first served, and we only have 40 tickets available per game.

The schedule of "Sailors Aweigh" games:

Oct. 12 - Miami
Oct. 26 - Tennessee
Nov. 9 - Indianapolis
Dec. 7 - Houston
Dec. 21 - New Orleans

You can apply for any of the games listed, by email to me at vanmiddlesworthmh@chswl.navy.mil, or by phone at 542-5273.

Upcoming Embry-Riddle Aeronautical University classes

From the Navy College Office

The following is the schedule of undergraduate classes at NAS Jax for the winter term which runs Oct. 13 through Dec. 13 at Embry-Riddle Aeronautical University:

Course	Title	Day	Time	Building
AMNT280	Powerplant Theory & Apps.	W	4:30-10:45 p.m.	NAMTRA Rm. 119
AMNT281	Aircraft Propulsion System & Apps.	M	4:30-10:45 p.m.	AMTRA Rm. 119
ASCI254	Aviation Legislation	M	5-9:45 p.m.	FREI
MATH320	Decision Math	TH	5-9:45 p.m.	Bldg. 1, Rm. 128
MGMT221	Advanced Computer Based Systems	TH	5-9:45 p.m.	Bldg. 110, Comp Lab
MGMT317	Organizational Behavior	M	5-9:45 p.m.	OP Office
The following are graduate courses being offered:				
SPCH219	Speech	T	5-9:45 p.m.	Bldg. 1, Rm. 128
ASCI602	The Air Transportation System	M	5-9:45 p.m.	Bldg. 110, Comp Lab
ASCI612	Aviation/Aerospace Industrial Safety Management	T	5-9:45 p.m.	Bldg. 110, Comp Lab
ASCI641	Production & Procurement Management	T	5-9:45 p.m.	Bldg. 1, Rm. 128

For more information on these classes or Embry-Riddle Aeronautical University, call 779-0246.

TSP considers fund, loan policies

The Thrift Savings Plan is considering changing some its loan policies and adding a new fund, tentatively to be called the L for "lifestyle" fund, which would start with a pre-determined ratio of stock and bond investments and would adjust automatically to keep that ratio.

"Lifestyle" funds are becoming more common in private sector 401(k) programs and are aimed at giving the investor an easy mechanism to keep a portfolio from becoming too conservative or too aggressive as returns of the various investments tilt the percentage on investment in one direction or another.

The TSP's concerns regarding loans are that while most investors don't use the loan program, some use it heavily; opening and closing numerous loans for what appear to be short-

term financial needs, and the costs of processing those loans are borne by all participants equally. Thus, two ideas are under consideration: imposing a waiting period between loans and/or charging borrowers a service fee. It likely would be a number of months before the TSP would make any changes in its loan or investment fund policies.

One reason for the growth of lifestyle funds in the private sector is that numerous studies have shown that relatively few investors in similar plans there actively work to keep their investments split according to their preferred ratios. Thus, when stocks do well, portfolios tilt toward a more aggressive stance, and when stocks do poorly, the portfolios become more conservative. The pattern is much the same with the TSP. At the end of 2000, for exam-

ple, after generally strong C (common stock) fund returns of the late 1990s, TSP investors had 63 percent of their money in the C fund and 33 percent in the ultra conservative government securities (G) fund. However, by the middle of this year, after the poor stock market performance of 2001 and 2002, 48 percent of funds were in the G fund and 38 percent were in the C fund (transfers of previously invested money from the C fund into the G fund over that period also contributed to the shift).

The bond (F) fund, which generally performed well during that time, meanwhile rose from 4 to 12 percent of the TSP investment total. The international stock (I) and small company stock (S) funds, which were introduced in mid-2001, account for about 2 percent of TSP investments.

ON THE GO WITH USO

From the USO

The USO now has tickets on sale for this year's Jacksonville Fair at the downtown fairgrounds. The fair runs Oct. 15-26. Tickets are \$4 for adults and \$2 for children ages 6-12. A 20-ride coupon book is \$15. Ride-a-Thon wristbands are \$13. Coupons and tickets are good for any day the fair runs.

The fair is open Monday-Thursday from 5 - 11 p.m., Friday and Saturday from noon to 11 p.m., Sunday, Oct. 19 from noon to 10 p.m. and Sunday, Oct. 26 from 9 a.m. to 10

p.m. The fair is also open for Midnight Magic on Fridays at midnight.

For more information, contact the USO at 542-3028 or check out the Web site at www.jacksonvillefair.com/home.html.

Tickets go on sale at the USO for all home Jacksonville Jaguars games two Mondays prior to each home game for active duty. The cost of \$6 each.

A single active duty person may purchase two tickets taking a guest, and a married active duty person may purchase up to four tickets taking spouse and two children.

HONOREES: Clay County honors their military best

From Page 1

Search and Rescue Swimmer School. "I have orders to detach from here this month. My next tour will be with HS-5 at NAS Jax," he said.

When he's not fulfilling his military duties, Wilson helps out with the Clay County Girl and Boy Scouts and special needs children in the Adventure Days program. He and his staff have volunteered more than 700 hours as lifeguards and first aid providers for more than 400 children at Camps Chowenwah and Echokotee. They also taught canoeing, swimming and diving lessons to the children enrolled in the camps.

Wilson also organizes and directs the annual COMH-SWINGLANT Children's Christmas Party for those children whose parent's are deployed. He is also the regional coordinator for the Sailor's Aweigh program that provides free tickets and transportation to Jacksonville Jaguar's games for children of deployed parents.

As an active member of the NAS Jax Volunteer Service Committee, Wilson also helps coordinate volunteer activities throughout Navy Region Southeast.

The Wilson family, which also includes 5-year-old daughter, Morgan is also quite active in their church. Both Daniel and Marcia spend many hours teaching Approved Workman Are Not Ashamed classes to more than 35 children in the church.

"I volunteer because I really get a charge out of seeing the learning and growth of the kids. I'm a dad myself and that's what really matters to me," added Wilson, enthusiastically.

In the future, Wilson plans to continue volunteering for his community, will stay in the Navy and hopes to make chief petty officer. He also plans to complete a degree in the aviation field and become a commercial airline pilot.

This year's winner of the Clay County Spouse of the Year award is Mona Gardella, who is married to Lt. David Gardella, a flight instructor assigned to VP-30 at NAS Jacksonville.

"I'm very shocked. It's really nice to be recognized as a military spouse," she stated excitedly, following the awards ceremony.

Gardella, a native of the Ohio/Kentucky area, moved to North Florida 1997 and to Clay County in 1999. Since then, she has spent much of her free time

volunteering for numerous agencies within the community. At NAS Jax, Gardella is a volunteer at the Navy/Marine Corps Relief Society (NMCRS), a student spouse's orientation speaker and a board member of the officer's spouse's club.

"Mona has been a volunteer here for several years. She is a wonderful person and is involved with many, many other organizations. She really is a great person and we are really proud of her," said NMCRS Director Dave Faraldo.

Gardella is also the founder and coordinator of the Soul Food Outreach Ministry at Orange Park Methodist Church. This organization is comprised of a group of volunteers who provide hot meals for working parents and their children each week. She also volunteers as a Bible School teacher, Wesley Circle member, Clay County Mercy Network member and Christmas family adoption coordinator.

In her spare time, she coaches youth soccer.

The Gardella's have three children, Mary, 6; Isabelle, 3; and Anna, four months.

"I volunteer because I enjoy touching people's lives," explained Gardella.

This year's Clay County Military Reservist of the Year is Capt. Charles VanZant Jr., who is assigned to Headquarters Company 1-111th Aviation Regiment at Camp Blanding.

A native of Clearwater, Fla., VanZant is a pilot in the AH-64 Apache Attack helicopter and is currently the battalion personnel officer.

His previous assignment was commander, 221st Explosive Ordnance Detachment where he and his team were deployed to the 2002 Winter Olympic Games in Salt Lake City, Utah.

VanZant is involved in many, many community activities. He is chairman of the Clay County School Board and a member of the Department of Juvenile Justice Board. As a member of this board, VanZant was instrumental in establishing the Florida Youth Challenge Academy at Camp Blanding. This entails spending hundreds of hours guiding 16-18-year-olds through a rigorous six-month highly disciplined training program.

VanZant and his wife, Stephanie have one son, six-month-old Luke.

"I'm really humbled and taken back by all this, but the only way I can accept this award is on

behalf of all my guardsmen and women who are deployed. I'm just representing them. There are many others who are doing far more than I am, in far less living conditions on a daily basis. Everything I do on top of my military requirements, I attribute to my faith," he said, modestly.

Several finalists were also recognized during the luncheon. AT1(AW/NAC) Mark Mitchum of VR-58 at NAS Jax and HT1 Donald James of NS Mayport were both honored as finalists in the Military Person of the Year category. In the Military Spouse of the Year category, Pam Hall, whose husband, Army Staff Sgt. Scott Hall is currently deployed to Baghdad, Iraq with his unit from Camp Blanding and Annette Large, who is married to ATC Timothy Large of Naval Air Reserve Jacksonville were both honored as finalists. Cmdr. John Dietzen Jr., commanding officer of NAS Jax Reserve Unit 0274 and ABFC Eugene Kennedy of Ship's Intermediate Maintenance Activity at NS Mayport were recognized as Military Reservist of the Year finalists.

The winners and finalists were presented with plaques and gifts from area businesses and organizations.

FFSC: Domestic violence gets focused effort

From Page 1

the signs of abuse, and how to respond when abuse occurs.

"Domestic violence hurts us all," said Master Chief Petty Officer of the Navy (SS/AW) Terry Scott during a recent speech. "It scars and traumatizes individuals. It disrupts families. It weakens communities. It affects unit readiness. And it costs human lives."

Kevin Tarrance, vice-president, and volunteer coordinator for Men Against Violence Against Women Jacksonville found the conference very informative. "It is very beneficial for our organization to be involved with other organizations that are against domestic violence. It is an opportunity for us to broaden our foot print with the Navy and let the Navy know that we can help brake down the stereo-typical belief system that exists within the Navy," he said.

"Domestic violence is an all-hands issue," said NAS Jax Command Master Chief CMDCM(AW/SW) Charles Lawson. "If a service member or spouse is a victim of domestic violence I encourage them to contact our FFSC immediately and ask to speak with a counselor or victim advocate."

Lawson reminds DoD employees that



Photos by Miriam S. Gallet

Fifty-three participants from 31 local government and state agencies and civic organizations exchange their ideas on the prevention of domestic violence during a conference sponsored by the NAS Jacksonville Fleet and Family Support Center Oct. 1.

Navy policy dictates that if they witness child or spouse abuse; it's their duty to report it.

For more information NAS Jax FFSC programs, call 542-2766 or the Navy-wide FFSC's 24-hour information and referral hotline at (800) FSC-LINE. You can also seek confidential information on domestic violence support services by calling the National Domestic Violence Hotline at 1-800-799-7233.



NAS Jacksonville Judge Advocate General Lt. George Massucco explains how the Navy jurisdiction process works when civil charges are brought against a service member.

Admiral addresses 'national scourge' of domestic violence

From Commander, Navy Region Southeast

Quoting from MCPON Terry Scott, "Domestic violence is a national tragedy that hurts all of us. It scars and traumatizes individuals and disrupts the families. It weakens communities. It affects unit readiness and it costs human life. Domestic violence is an all hand issue."

How do we define domestic violence? It is a pattern of behavior. It is used to establish power and control over another person

through fear and intimidation often including the threat or use of violence.

Domestic violence occurs when one person believes they are "entitled" to control another person. Assault, battering and domestic violence are crimes.

Abuse of family members can take many forms, including emotional, economic and sexual abuse, threats and isolation.

These behaviors are used to maintain fear, intimidation and power over the victim.

Battering escalates. Domestic

violence often begins with behaviors like threats, name calling, violence in victim's presence (such as putt a fist through a wall) and/or damage to objects or pets. The battering may include punching, kicking, biting, sexual abuse, assault, tripping and throwing. It may become life threatening with serious behaviors such as choking, breaking bones, or using weapons.

The Departments of Defense and the Navy issued strong policy statement that incorporates these elements: Domestic violence is

incompatible with our core values; we are dedicated to the education, prevention, intervention and treatment of domestic violence; the goals of victim safety and offender accountability are paramount.

There is no excuse for domestic violence - none. Not the stress of deployments, not alcohol, not financial problems - no excuses. Perpetrators of domestic violence will be held accountable.

The prevention of domestic violence is a leadership issue. It is the responsibility of commanders

and commanding officers to ensure education and training for their personnel and immediate intervention when an incident is reported is available. A close relationship with your installation's Fleet and Family Support Center Family Advocacy Program coordinator will help ensure appropriate safety plans are issued.

October is Domestic Violence Awareness Month. Let us all join to help eradicate this national scourge.

Recognizing the signs and statistics behind domestic violence

From Commander, Navy Region Southeast

In recognition of October as National Domestic Violence Awareness Month, I urge all hands to help stop the tragedy of family violence. Domestic violence hurts us all by affecting individuals, families and communities, and it has a negative impact on unit readiness.

According to the 2000 National Crime Victimization Survey, there

were almost 70,000 documented incidents of violence between partners, and many incidents go unreported. In the past 25 years, 57,000 Americans were murdered by their partners. Children who witness violence often grow up believing that physical cruelty in relationships is acceptable, and this perpetuates the cycle of violence in society.

In October, the Fleet and Family Support Center (FFSC)

will be conducting an awareness campaign to educate service members and families on the impact of violence and on the assistance available through the Family Advocacy Program (FAP). FAP works with both victim and offender and can often help to defuse minor problems before they become volatile situations resulting in violence.

FAP also helps fight family violence by training command lead-

ers and personnel to recognize the signs of abuse and how to respond when abuse occurs. Individuals in abusive relationships as a victim or offender who are interested in assistance or information can contact the FFSC and speak with a FAP counselor or FAP victim advocate. They can also seek confidential information on domestic violence support services in the community by contacting the National Domestic

Violence Hotline (1-800-779-7233.)

This is an all-hands issue. During Domestic Violence Awareness Month, I urge you to actively join in eliminating domestic violence in the Navy community. Reach out to victims to let them know that help is available. With dedication and vigilance, we can increase safety for our shipmates and bring hope to countless families.

Shaping the force and growing Sailors

By JOC Milinda Jensen
Chief of Navy Personnel Public Affairs

The Navy's ongoing efforts to properly shape the force for the 21st century are already showing results, according to the Navy's top personnel officer.

As our Chief of Naval Operations has made clear, our vision for future combat effectiveness will only succeed if we can get Sailors with the right skills to the right place at the right time, and provide them the personal and professional tools that they need to be successful," said Chief of Naval Personnel Vice Adm. Gerry Hoewing. "We think we are definitely on the right track with the series of force-shaping programs we launched this year."

Perhaps the most significant of those is Perform to Serve (PTS), a centralized reenlistment approval program, designed to alleviate shortfalls in some undermanned ratings and skill areas, and improve advancement opportunities.

So far, 11,113 Sailors have been approved to reenlist in rate of the 15,917 who have requested reenlistment approval. Another 1,829 are approved for conversion to undermanned ratings.

The program applies to first-term sailors in CREO Group 3 ratings, those that are overmanned. Sailors must submit a

request to either reenlist in rating or convert to another rating.

We have had some success, and we still have several reenlistment requests pending for Sailors who have critical Navy Enlisted Classifications (NEC) and excellent evaluations," said NC1(SW) Julie Yeager, command career counselor on USS Oscar Austin (DDG 79). "So far, five Sailors were approved for reenlistment with a conversion. For the most part, those Sailors are pleased with their PTS approval and conversions."

"Fleet input remains pivotal in the success of PTS," Hoewing explained. "Although the Navy Personnel Command in Millington will ultimately decide each reenlistment request, the decision starts with the commanding officer's recommendation."

For additional information on Perform to Serve, see NavAdmins 031/03 and 050/03 available on the Web at www.bupers.navy.mil.

Selective reenlistment bonuses (SRB) are an integral element of PTS conversions and great incentives for Sailors to reenlist in the critical skills and ratings. A recent adjustment to SRB rates more narrowly targeted NECs, rather than overall ratings.

"We want to use SRBs for what they are designed to do — keep Sailors in the critical areas where

they are needed," explained Master Chief of the Navy (MCPON) (SS/AW) Terry Scott.

The criteria used for determining which enlisted skills receive an SRB includes current and projected skill mix and total manning levels; reenlistment rates and category of enlistment; career field force structure changes; and inputs from enlisted community managers.

As of the beginning of September, 18,174 Sailors have been approved to reenlist for SRB this fiscal year.

NavAdmin 159/03 governs current SRB rates and is available on the Web at www.bupers.navy.mil/messages.html.

Another force-shaping financial tool that has been popular is Assignment Incentive Pay (AIP), an incentive program created to encourage Sailors with the right skills and experience to serve where the Navy needs them most.

Qualified Sailors may be eligible for as much as \$450 per month, by bidding for and accepting orders to Naples, Sigonella, and Misawa through Super JASS, the Web-based Job Advertising and Selection System.

Through the first five requisition cycles that Sailors have been able to bid for jobs, 1,005 AIP jobs have been advertised in JASS; 484 Sailors have applied for these jobs; and 102 Sailors' bids have

been accepted.

Sea duty credit, previously available for duty in Naples and Sigonella, will no longer be awarded. Those locations have been converted from Type-3 to Type-6 duty. Misawa will remain Type-6 duty.

to start your job bidding and get more information on AIP, see NavAdmin 161/03 on the Web at www.bupers.navy.mil.

"Our aggressive growth in the top six pay grades, combined with historic retention, tells me we are on the right path to developing a more experienced force," explained, Hoewing. "And while all our Sailors are a valuable resource and we want them all to stay, we realize that some will decide to leave."

Sailors planning to separate from the Navy before the end of this fiscal year were able to take advantage of the Voluntary Enlisted Early Transition program. The program offered Sailors the opportunity to leave the Navy up to six months prior to their end of active obligated service (EAOS). The program was designed to give Sailors who had already decided to leave the Navy, time to prepare for civilian life.

"The Early Transition Program primed Sailors to make a decision and look at the big picture in regards to their Navy career," said NC1(SW) Adrian Johnson,

USS Ramage (DDG 61) command career counselor.

The program was voluntary and applied to active-duty Sailors (USN, USNR, TAR and CANVASSER recruiters). More than 500 Sailors' applications were approved.

High year tenure (HYT) limits for 3rd class petty officers recently changed from 10 to eight years, with changes phased in through August 2004.

The HYT adjustment affects E-4s who will reach eight or more years of service between now and Aug. 31, 2004. Currently, there are 1,685 E-4s with greater than eight years of service, 1,849 E-4s in their eighth year of service, and 3,094 E-4s in their seventh year of service. All affected Sailors will have the chance to compete in the September 2003 and March 2004 exam cycles.

For more information on how the new HYT affects you, go to the Web at www.bupers.navy.mil and reference NavAdmin160/03.

"Force shaping is all about readiness, both now and for the future," noted Hoewing. "Developing and implementing programs and policies like these is the driving force behind Sea Warrior, and our ability to produce a Navy of optimal skill mix and organizational alignment, while fostering the growth and development of Sailors."

FEHB rates rising again, choices widening

Enrollees in the Federal Employees Health Benefits (FEHB) program will experience an average premium increase of 10.6 percent in 2004, marking the fourth straight year of increases in double-digit territory.

As in prior years, increased utilization and medical inflation are responsible for most of the increase, officials said, making up 8.2 percentage points of the rise. Rising drug costs contributed another 3.3 percent, while the aging FEHB population drove premiums up by another 0.9 percent; the increases were partly offset by certain benefit changes, expected migration of enrollees to lower-cost plans and a slight draw down of the program's reserves.

The average biweekly premium for actively employed executive branch enrollees will rise by \$5.01 for self-only coverage to \$50.21 and by 11.95 to \$113.57 for self-and-family coverage; retirees pay at the same rate,

only monthly, while active postal employees pay slightly lower rates. OPM officials called the rates good news, when compared to higher increases being experienced by other large employers. The open season for joining the program or switching plans or coverage levels runs Nov. 10 to Dec. 8.

The choices available in the FEHB in 2004 will widen somewhat, even though eight plans, with about 17,000 enrollees, are dropping out. Seventeen plans will join the program, bringing the total to 205; eight health maintenance organizations will offer a second level of coverage and several HMOs are expanding their coverage areas.

Most enrollees can choose among 11 national plans and varying numbers of HMOs. In addition, two carriers, Aetna and Humana, will begin offering a "consumer-driven" plan much like that introduced by the American Postal Workers Union for the 2003

plan year. Such programs feature an available pool of money, then a deductible, and then standard coverage—under APWU's plan, a fee-for-service program, and under the new Aetna and Humana plans, HMOs. The Aetna option will be available to about 1.5 million employees and retirees and the Humana option to about 500,000, with some overlap between the two.

Apart from the new offerings, changes in benefits for the 2004 FEHB plan year will be relatively minor. However, officials cautioned enrollees to check the plan information when it is made available to be informed of any changes in their plans. In addition, there will be few changes in the structure of benefits. In recent years, many plans have worked to hold down premiums by shifting costs to deductibles and other out-of-pocket expenses. But there is relatively little of that ahead for the 2004 plan year, officials said.

Navy Wellness Camp Daily Schedule



Thursday, October 9th
7:45-8:00 Introduction
8:00-10:00 Health/Fitness Analysis (HFA)
10:00-10:30 Intro to Wellness/Signs of Change
10:30-11:00 Eating for Health: Cooking Demonstration
11:00-1:00 Lunch (potluck)




1:00-2:30 Stress Management/Relaxation
2:30-4:00 Water Aerobics: Indoor Pool
Friday, October 10th
8:00-10:00 HFA Results/Intro to Gym Equipment
10:00-11:30 Shop for Health: Cosmetics
11:30-12:30 Lunch (bring your own)
12:30-1:30 Stretch it out! Fitness Science
1:30-2:30 Change: Why it's in the Hand
2:30-3:00 Breast/Treatable Health
3:00-3:30 Cottage/Relax/Conclude




Day One: Wear bathing suit under gym clothes (for body fat test) and a pair of walk/run/aerobic shoes.*
Day Two: Wear gym clothes and walk/run/aerobic shoes.*
*Bring a towel for after your workouts.

NAVY WELLNESS CAMP



OCTOBER 16-17, 2003
8745 IN THE WELLNESS CENTER!
TO REGISTER:
157MP HY 001
CALL 942-5292, EXT. 18



THANK YOU SPONSOR

10" Story Here

MWR receives boat



Photo by JO2 Mike England

A 17' bass boat was presented to MWR by the NAS Jax Commissary and Cadbury Beverages/7Up on Sept. 29. (From left) AN Nick Avila, OS3 Claribel Urena, AN Titela Figueroa, Phil Collins, Mulberry Cove Marina manager, SN Chris Choye, Kevin Mathews, Cadbury/7Up region manager, Bob McDonald, Cadbury/7Up marketing manager.

Celebrating October



Photo by JO2(SCW) Eric Clay

NaDEP's Larry Pezzella sings a Doors tune during the Karaoke Contest during an Octoberfest celebration at Mulligan's 19th Hole last Friday night.

MWR NOTES

Free massages offered

Today is Guest Appreciation Day at the Fitness Center. Free 10-minute chair massages will be offered from 10 a.m. to 3:30 p.m. For more information, call 542-3518.

Steam room closed

The steam room in the men's locker room at the base gym is closed for extensive repair work. A completion date has not yet been identified.

Mulligan's happenings

Mulligan's is hosting a weekly karaoke contest running now through Oct. 17 with a karaoke sing-off Oct. 24. Judges will be on hand to vote on vocal ability, stage presence, and audience applause. There will be lots of prizes and give-aways. Sign-ups will be from 5-7 p.m. tomorrow only. Call 542-2936 for more details.

Escape the ordinary on an I.T.T. trip

Have some fun with I.T.T. - take a trip or treat yourself to a show! Stop by our office located adjacent to the NEX, and sign up for a great trip. Our trips are open to all hands, so bring a friend! For more information call the office at 542-3318.

Jaguars tickets for all games are now on sale at I.T.T. Tickets are \$47.90 for lower level seats. You can also sign up to ride the I.T.T. shuttle to all the home games. If you sign up for all the games the price is \$6 per game. A ride to a single game is \$8.

The following are upcoming I.T.T. trips:
Oct. 25 - Mt. Dora's Annual Craft Fair. Shop until you drop for the best selection of antiques and wonderful crafts. A great day for \$14.

Nov. 12-16 - Touring the Coast. This is a fantastic five-day adventure to Biloxi, Miss., New Orleans, La. and Pensacola, Fla. Included in this trip is transportation, tour escort, four-night in hotels, all breakfasts, two dinners, a night on the town in New Orleans, a guided city tour, and museum entrance. Deadline to sign up is Oct. 10 and space is limited. The cost is \$337 per person, based on double occupancy.

The I.T.T. office also has tickets for the Little River Band in concert Oct. 24 at the Florida Theatre. Pick up great lower level seats for \$26 or upper level for \$22.

Don't miss Universal's Halloween Horror Nights, for the biggest and scariest Halloween party. Get your ticket for non-peak nights for \$30.50.

Bingo Palace

Get your favorite daubers, come and pick your lucky seat and let the games begin. The night Bingo schedule is Sunday, Monday, Tuesday and Thursday. Cards go on sale at 5:30 p.m. and warm-ups start at 6:30 p.m. Doors open for lunchtime Bingo at 10 a.m. and games start at 11:30 a.m.

Adult Fitness Swim Club

This is a coached program for novice to advanced swimmers wishing to improve their PRT time, swimming skills, and technique. The emphasis is on stroke mechanics. Interval training is introduced. Workouts are designed to improve technique and to develop both speed and endurance. Workouts are scheduled on Tuesdays and Thursdays from 4:30-5:30 p.m. at the indoor pool. The sessions are free for active duty and reservist personnel. Retired military, DoD and dependents will be charged \$20 for eight workout sessions.

Bowling leagues forming

Enjoy a little bowling fun at NAS Freedom Lanes for our Customer Appreciation Weekend Oct. 18 from 1 p.m.-midnight, and Oct. 19 from 1-5 p.m. Specials include: two games of bowling and shoe rental or three games for just \$5. Many great food specials will be available.

South Atlantic Regional Sports Bowling Tournament

The South Atlantic Regional Sports Bowling Tournament will be held at Naval Station Mayport, Oct. 18-19. NAS Jax will send two men's teams (active duty only) and one women's team (active duty and dependents). Call the NAS Jax Bowling Center at 542-3493 for information on qualifying for this event.

Veterinary Treatment Facility to hold October clinics

A Saturday clinic will be held Oct. 18 from 8 a.m. - noon. This is a walk-in vaccination clinic, no appointment is necessary.

The NAS Jax VTF is located in Building 8 at the corner of Ranger Street and Enterprise Avenue. The clinic is open Monday through Friday from 8 a.m. - 4 p.m. It is closed on legal holidays. Pets are seen by appointment only.

For more information and to make appointments, call 542-3786.

Mulberry Cove Marina news

Are fuel prices emptying your wallet? Take advantage of free gas this summer when you rent a 40-hp pontoon boat, whaler, bass boat, 10-hp stump knocker, or Yamaha jet skis.

The NAS Jax Yacht Club offers sailing classes. Now that the weather is warm, and the breezes are strong would be a great time to learn this renowned boating activity. After you've completed your class, the marina has sailboats for rent.

The marina offers free kayak and canoe rentals for active duty

Sailors on Thursdays. It's a great way to get acquainted with some of the equipment on hand and have some fun too. For more information on marina events, call 542-3260.

Auto Skills Center

Visit the Auto Skills Center for your professional or hobby car care needs. The center offers an array of services for the novice or professional auto enthusiast. There is an ASE qualified mechanic on hand to assist with questions and tips on servicing your vehicle. The center is open Monday, Thursday and Friday from noon to 8 p.m., Saturday and Sunday from 9 a.m. to 5 p.m. and all holidays from 9 a.m. to 3 p.m. except Thanksgiving, Christmas and New Year's Day.

The Auto Skills Center offers a shop orientation class on the third Thursday and Friday of each month. Reservations are required for the orientation. Call 542-3227 for information.

O'Club happenings

An all hands Reef & Beef Buffet Dinner will be held the first Friday of each month from 6:30-9 p.m. at the O'Club. The buffet is only \$17 per person. Reservations are encouraged by calling 542-3041.

Liberty happenings

Join us each Wednesday for a karaoke and dance party. The fun starts at 7 p.m. at the Budweiser Brew house with DJ Marc "E" Marc.

14th annual Haunted Woods Challenge

Commands, squadrons and departments are encouraged to be a part of this year's Halloween program and are eligible to win money for their MWR funds. Your ideas can enhance this program. For more information call 778-9772

Youth Activities Center happenings

Take advantage of the fun events at the Youth Activities Center. Tae Kwon Do classes are available at NAS Jax Youth Gym and Yellow Water Youth Activities.

If you are interested in registering your child stop by either center or give us a call at 778-9772 (NAS Jax) or 777-8247 (Yellow Water).

Recycling Center reminder

The Recycling Center welcomes everyone to drop off recyclables at the designated drop off area along Birmingham Avenue. The most common drop off items are corrugated cardboard, plastic (i.e., milk jugs, water bottles, plastic soda bottles, etc.), aluminum cans, and glass bottles. As a reminder though, the recycling center does not accept motor oil, anti-freeze or other automotive fluids. If you have any of these fluids, they are accepted at the MWR Auto Skills Center during normal hours of operation.

Free movies offered

Enjoy free movies at the base theater each Friday evening starting at 7 p.m. and every other Saturday at 5 p.m. and 7 p.m. Bring your own popcorn, soda and snacks. Sit back and enjoy some of Hollywood's premier blockbuster hits. There are no alcoholic beverages allowed in the theater and persons under 17 are not permitted without adult supervision.

- Oct. 10, 7 p.m. - Black Cauldron (PG)
- Oct. 17, 7 p.m. - Chinatown (R)
- Oct. 18, 5 p.m. - Piglets Big Movie (G)
- Oct. 18, 7 p.m. - Confessions of a Dangerous Mind (R)



18"
Story Here

SPORTS & STANDINGS

Wrestling screenings

Screenings for the All-Navy Wrestling Team will be held Oct. 24 from 6-8 p.m. at the base gym. Call 542-2930/3239 for more information.

Navy Southeast Regional Running and Triathlon Team

Represent the United States Navy in 5K, 10K, marathons, and/or triathlons. The Navy will show-case elite active duty men and women in regional races. Uniforms are provided as well as transportation, entry fees, and lodging costs. Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) races and your time must be one of top 10 regional qualifying

times. If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

Southeast Regional qualifying times:

5K -	Men 19:00	
	Women 24:00	
10K -	Men 34:00	
	Women 46:00	
Marathon -	Men 3 Hrs. 30 Min.	
	Women 4 Hrs.	
Triathlon -	Men 2 Hrs. 30 Min.	
	Women 3 Hrs.	
Triathlon time based on 1.5k swim, 10k run, 40k bike		

For more information about any of the sports articles, call 542-2930/3239.

7-on-7 Flag Football

Standings

As of Oct. 2

Team	Wins	Losses
VR-58	6	0
Security & Weps	4	0
AIMD	4	2
VS-30	3	4
VP-16	2	4
VS-24	1	3
Dental	0	7

VP-5	6	2
VS-24	2	1
Air Ops	3	3
HITRON 10	3	5
AIMD SE	2	5
VP-16 White	2	5
SERCC	1	4
VP-62	1	4
TPU	1	7
VS-22	0	8

Open Softball Standings

As of Oct. 2

Team	Wins	Losses
NAMTRAU	6	2
Beanie Boys	6	2
F.O.B.'S	6	2
VP-16	3	4
Jax Chiefs	1	6
Onsite Aviation	1	7

Intramural Softball Standings

As of Oct. 2

Team	Wins	Losses
VS-30	6	0
VP-30	6	0
NAMTRAU	6	0
VP-16 Red	6	1

COMMUNITY CALENDAR

The Navy Wives Clubs of America, NWCA Jax No. 86 meets the first Wednesday of each month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information, call the Thrift Shop at 772-0242 or Pearl Aran at 777-8032.

The Navy Wives Club's DID No. 300 meetings are held the second Thursday of each month at 7 p.m. at the Oak Crest United Methodist Church Education Building at 5900 Ricker Road. For more information, call 387-4332 or 272-9489.

Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE) invites all retired and currently employed federal employees to their regular monthly meeting the second Tuesday of each month at 1 p.m. at the Orange Park Library. For more information, call 276-9415.

The Navy Jacksonville Yacht Club general membership meetings are held at 7:30 p.m. on the first Wednesday of every month at the clubhouse (Building 1956) adjacent to the Mulberry Cove Marina. The Navy Jax Yacht Club is a members only club open to all active duty, reserve and retired military, and active DoD personnel. For more information, call 778-0805 or email commodore@njyc.org.

MOMS Club of Northeast Florida meets the second and fourth Thursday of every month from 10 a.m. to noon. The meeting is free and open to all at-home mothers and children who live in the zip code areas of

32206, 32218 and 32226. MOMS Club is a support group for moms wanting a variety of activities for you and your children. For meeting location or more information, contact Debbie at 751-0671 (debiejkg@yahoo.com) or Kathi at 751-3400 (katdj28@aol.com).

Christian Fellowship Night is held behind the Chapel in Building 749 from 6:30 - 9 p.m. every Tuesday night. For more information, call 542-3051.

The Westside Jacksonville Chapter 1984, National Association of Retired Federal Employees extends an open invitation to all currently employed and retired federal employees to our regular meeting held at 1 p.m. on the fourth Thursday of each month at the Murray Hill United Methodist Church, (Fellowship Hall Building) at 4101 College Street. For more information, call R. Carroll at 786-7083.

The National Naval Officers Association (NNOA) holds its monthly meeting on the third Thursday each month at 5:30 p.m. at the Jacksonville Urban League, 903 West Union Street. Interested personnel are encouraged to attend or contact Lt. Herlena Washington at 696-5005 or email WashingtonHO@matcombic.usmc.mil.

The Ladies Auxiliary of Fleet Reserve Association Unit 126 is holding their regular monthly meeting Saturday at 10 a.m. at the Fleet Reserve Association Hall at 7673 Blanding Boulevard. For more information call 771-2936.

First Coast No More Homeless Pets is sponsoring a Pet Adoption Fair Saturday from 9 a.m. to 3 p.m. at Regency PetSmart on Monument Road.

All animals are spayed or neutered and most have had shots. For more information, call 724-4600.

The VP/VPB-23 Veterans Association will hold its ninth reunion in Jacksonville Oct. 15-19. For more information, email dklotz23@aol.com.

The Military Officers Association of America (MOAA) will hold their monthly dinner meeting Oct. 15 at 6 p.m. at the River Cove Officer's Club. For reservations and more information, call Steve Kerlin at 262-0209 at least three days before the meeting.

The Jacksonville Genealogical Society meeting will be held Oct. 18 at 1:30 p.m. at the Webb-Wesconnett Library at 6887 103rd Street. For more information, call Mary Chauncey at 781-9300.

A one-day Boating Safety Program is being offered Oct. 18 from 7:30 a.m. to 5 p.m. at Mandarin High School. The cost is \$20 and satisfies the Florida mandatory boater education requirement. To register, call Bob Strong at 721-1346.

VF-22 Korean War veterans will return to Jacksonville/Orange Park for a 50th anniversary reunion at the Holiday Inn Orange Park on Oct 21-22. For more information, contact Jack Bailey at 757-340-5922 or email charlieson@msn.com.

The annual VP-24 Reunion is scheduled for Oct. 24-26 at NAS Jacksonville. For more information, write Don Hall, 2003 Jax Reunion Host, 4421 Commons Dr. East, #413, Destin, Fla. 32541 or email djhdestin@cox.net.



Photo by Craig Dolan

Members of the AIMD Albatross Golf Team, PRCS Carl Cuppy (front), (back from left) PR1 Jeff Leedahl, PR1Warren Dykes and ET1 Jason Lonsdale. The team took first overall in the NAS Jax Intramural Golf League.

Intramural Golf season ends

By Craig Dolan
MWR

After a long and drawn out season Intramural Golf finally came to end last week. The season was full of ups and downs for many teams, while others had a smooth ride. The leagues were full of hard fought matches all season long.

During the season, the league had a little scare put into them. One day while the players were waiting on a weather delay, one of the players was shocked while standing

next to a tree.

According to reports, the electric wave ran down the tree, along the ground, and struck the man in the foot. The player was taken to the hospital for treatment. He returned to play shortly after the incident.

As the season wore on, we saw that certain teams were able to continue their winning streak while others, stumbled and fell along the way.

In each league, the top four teams advance to the post season where the top scoring team wins. The teams that made the play-

offs were AIMD Albatross, ASTC, Wing 11 "A", AIMD Khaki, VR-58, CSCWL, VP-62, and REDCOM.

The league champions in each league were AIMD Albatross for the Freedom League and VR-58 for the Liberty League.

In the final tournament, scores were close throughout for most of the teams, yet the top team, AIMD Albatross came out on top, winning by seven points.

Who to notify when a credit card is stolen

Credit card theft is a huge burden and can cause major problems for victims. The following are numbers to call if cards are lost or stolen. These agencies should be contacted immediately.

Equifax Credit Bureau: 800-525-6285
Experian Credit Bureau: 888-397-

3742
TransUnion Credit Bureau: 800-680-7289
SS Administration Fraud Line: 800-772-1213
Federal Trade Administration - Identity Theft Line: 877-438-4338

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In Gear

A weekly look at the automotive market
